

## **Holland Area High School Softball League Rules**

### **League Rules/Overview –**

1. MHSAA Girls' Softball Rules will be used.
2. League will be comprised of girls 9<sup>th</sup> – 12<sup>th</sup> grade as of the 2025 – 2026 school year. Graduated seniors are not allowed to participate in this league.
3. Games will have an 80-minute time limit. Mercy rule: 15 runs after 3 innings; 12 runs after 4 innings; 8 runs after 5 innings.
4. Rocket rule will be used for batting lineup.
5. Sportsmanship is a must in this league. Coaches, players, spectators, umpires, and Holland Recreation will display great sportsmanship throughout this league. Trash talking will not be allowed from anyone. Arguing with umpires will not be allowed. Only the head coach may speak with an umpire regarding questions with rules.
6. Cancellations will be made by 5:00 PM on the day of the game. Cancellation information will be updated on Holland Recreation's website ([Hollandrecreation.com](http://Hollandrecreation.com)). Cancellations will also be emailed to coaches.
7. Team fees for this league will include: umpires, one scorekeeper, and one new game softball per game.

### **Double Header Format –**

- Tuesdays, July 9 – July 30
- Games are played at Helder Park, Quincy Park or Matt Urban.
- Game times: 6:15 PM & 7:40 PM

## **INJURY AND FIRST AID POLICY**

If a player or spectator has any injury, it is up to the official to determine the seriousness of the situation and to take care of the situation in the most prompt and efficient way possible. If the injury is judged to be serious, the City of Holland Police Department/Ottawa County Sheriff's Department should be called (911) to handle the situation.

If the injury is not serious it is up to the injured player to determine her method of treatment. Teams are asked to have a basic first aid kit available. This kit should at least include bandages, gauze, tape and a disinfectant. Individual teams are responsible for their own first aid supplies.

## **CONCUSSION POLICY**

Each coach must complete the online concussion awareness training prior to coaching youth under the age of 18. Each coach must turn in the certificate upon completion of the training to the Holland Recreation office. If a coach has completed this for another organization/school, please send a copy to the Holland Recreation office. Each parent/guardian of a participant in this league must consent to receiving concussion awareness information.

Website for the online concussion awareness training:  
<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>